

Mighty Mississinewa Triathlon

September 14, 2013

We look forward to your participation in the 8th Annual Mighty Mississinewa Triathlon this year. Enclosed is information that we hope you will find useful in providing a positive experience for you. Proceeds for this event go toward a fund managed by Indiana Heritage Trust (IDNR). This fund is used to purchase ground that is conserved and managed for future generations to use and enjoy in and around Mississinewa Lake, Indiana Department of Natural Resources (IDNR).

Peru, Indiana

Saturday, September 14, 2013 8:30 AM (Eastern Daylight Savings Time)

Questions? Contact the Administrator

Contact: Larry A. Brown
Phone: 765-473-6528
Email: lbrown@dnr.IN.gov
Website: www.dnr.IN.gov/uwis/

Location

The Miami State Recreation Area at Mississinewa Lake is the host site, which is located on the southwest end of Mississinewa's property. The lake is located 8 miles southeast of Peru or 9 miles east of US31 on Miami County Road 500 S., 4673 S 625 E, Peru, IN 46970

USAT

Membership is not required.

Chip Timing

Chip timing results will be posted on www.ItsRaceTime.com

or visit www.dnr.IN.gov/uwis/triathlon

Individual times for the run, bike and swim will also be available. Transition times are not factored out.

Registration

There is a limit of 400 entries. There will be SAME DAY registration with additional \$10 fee, if space is still available. Order a T shirt for \$8 or a Dry Fit shirt for \$16 by September 6.

Teams

Team captains must complete the registration for all team members and be responsible for furnishing all team members with information and payment for the entire team. Be sure to list the team members in order as to the swim, bike, and run. Teams can consist of 2 or 3 members of any sex and combination. There will be Men's, Women's and Co-ed divisions.

Divisions

Those who sign up as Elite go in Wave 1. Only those in the Elite wave can win the overall male or female, 1st, 2nd, and 3rd grand prize awards and Elite wave participants cannot win age group awards. Similarly, someone racing age group cannot win an overall award, just age group. Awards are given for winning Male and Female and in each Age Group. You may choose the following special divisions: Elite; Clydesdale (200lbs +); Athena (Women 165lbs +). (If you choose a special division, you will forfeit any age group prize for which you might have qualified.)

PHOTO ID

ALL TRIATHLETES MUST SHOW PHOTO ID TO PICK UP THEIR PACKET TO RACE, unless prior arrangements have been made.

Packet Pickup

Packets may be picked up at the Miami Recreation Area Office on Friday, September 13th from 8:30 am -8:00 pm and Saturday morning, September 14th from 7:00-7:30 am at the event area. Arrive early. YOU MUST SHOW PHOTO ID.

Mandatory Safety Meeting

Begins at 7:50 am and will last 10 minutes.

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Transition Area

The transition area will be supervised. Only the participants will be able to be in the transition area, and will be the only ones to pickup the bike and equipment. You must have your body ID match up with your bike ID number.

Race Course Characteristics

Swim- 500 yards, Provided color swim caps must be worn. Two corners out across and back, 6+ waves staggered, wet suits may be used.

Bike 16.6 mile Loop on county roads with all right hand turns and 5 course safety stations. Bike helmets must be strapped at all times before-during-after the race to prevent disqualification. You must furnish your own water on the bike course.

Run-3.75 miles Some rolling hills and well maintained trails. Runners must wear the race number in front. There will be 3 water stations on the run course.

Awards and Prizes

Grand prize awards presented to female and male 1st, 2nd, and 3rd place elite winners and also to Clydesdale and Athena divisions. First place awards given to five year age groups male and female winners, swim caps.

Kids run

Free. Begin at 8:10 am, ¼ mile, ages 10 and under, 11- 14, awards, same location as triathlon.

Beach house

Showers and restrooms will be open for your convenience at the event site.

Recreation Area Entrance

Triathlon participant's vehicle entrance fees are waived; all other vehicles will pay the \$5.00 entrance fee, \$7 out of state vehicles.

Parking

Parking is conveniently located near the event site. Traffic will be allowed to come and go immediately before, during and after the event.

Other Interests

Camp sites, Camping Cabins, Boating, Skiing, Fishing, Trails, and Concession Stand are all available to you. Bring the family.

Bike check and repair

Breakaway Bike & Fitness Shop will make minor repairs and have some equipment for sale. Have your bike in racing condition when you arrive.

HELMETS ARE MANDATORY. Have your own water bottle for the bike portion. (Recumbent bikes may be used but will not be eligible for awards and prizes.)

Food and Refreshments

Food, drinks and water will be available as participants complete the event. This is for competitors and volunteers only. A concession is available for spectators.

Lodging

Lodging is available locally in the city of Peru, approximately 10 miles away.

Cancellation

In the event of cancellation, no refunds will be made. Entries are not transferable or exchangeable.

Race Results

Race results will be posted at the race, and on websites: www.ItsRaceTime.com

2012 Leaders

Male – Ashley Kent 1:12:17.2

Female – Elizabeth Waterstraat 1:20:47.9 *New record!*

Course Record: Male - 1:11:38 - 2007 Mike Lavery; Previous record: Female – 1:23:00.35 – 2010 Diana Schowe

2011 Leaders

Male – Ashley Kent 1:12:16.9

Female – Kami Meador 1:24:45.6

Changing Swim Waves

If you feel and have evidence that you may be a potential overall race winner, you may contact the race director at least TWO DAYS BEFORE THE RACE to request a change to the first wave.

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Race Evaluations

Athletes are encouraged to complete the event evaluation form (located in the food area at the property) in order to help us improve this event.

Questions? Contact the Race Director

Larry A. Brown at lbrown@dnr.IN.gov

Further Directional Information

- Located in north central Indiana. 65 miles north of Indianapolis, 65 miles east of Lafayette, and 65 miles southwest of Fort Wayne.
- From Northwest Indiana: US31 South continue 5 miles on 31 past US24/Peru to 500S (If you reach Grissom, you went past 500S). East(Left) 9.5 miles on 500S across 19, Miami State Recreation Area on left.
- From North: US15 South into Wabash to 13.
South(Right) on 13 through Wabash, stay on 13 bearing right approx 3.5 miles to 124.
West(Right) 5.5 miles on 124 to 675W.
South(Left) 1 mile on 675W to Mississinewa Dam Road.
West(Right) 1 mile on Mississinewa Dam Road continue across dam to 550E.
South(Left) 1 mile on 550E to 500S.
East(Left) 1.25 miles on 500S, Miami State Recreation Area on left.
- From Northeast Indiana: US24 West to Wabash to 13.
South(Left) on 13 through Wabash, stay on 13 bearing right approx 3.5 miles to 124.
West(Right) 5.5 miles on 124 to 675W.
South(Left) 1 mile on 675W to Mississinewa Dam Road.
West(Right) 1 mile on Mississinewa Dam Road continue across dam to 550E.
South(Left) 1 mile on 550E to 500S.
East(Left) 1.25 miles on 500S, Miami State Recreation Area on left.
- From Southwest Indiana: US31 North continue 1 mile past Grissom Air Reserve Base to 500S.
East(Right) 9.5 miles on 500S across 19, Miami State Recreation Area on left.
- From South /Southeast Indiana: US13 North to Highway 18.
West(Left) 5.5 miles on 18 through Converse to 19.
North(Right) 9.5 miles on 19.
East(Right) 2.5 miles on 500S, Miami State Recreation Area on left.